REVIEW OF RASAYAN IN CANCER TREATMENT, A NEED OF THE MODERN ERA

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ABSTRACT

Rasayan is a rejuvenation therapy that not only aims at curing disorders but also preventing them. In modern era, as a boon to we have got various diseases, life style diseases like DM, CHD, HTN cancer, etc. Rasayan chikitsa stress upon the maintains of health and also cure of the existing disease. Rasayan is usefull In all chronic and critical illness like cancer, AIDS and its complications of DM, CVD, Neurological, renal disorders etc. Rasayan therapy not only focus on the disease but also on the other parameters such as age, lifestyle, etc. It increases patients physical and mental balance and restores a healthy life. In this era cancer is such a dreadful disease which leads to horrible outcome, which need a proper treatment to prolong patient’s life in a good and easy way to reduce the discomfort caused by modern medicine. In Ayurveda there is a creative aspect of cancer that have resemblance with the clinical entities of arbuda and granthi mentioned in sushrut samhita. hence an attempt is made in this article to review the cancer according to modern science and Ayurveda and role of Rasayan therapy in treatment of cancer to reduce the side effect of chemotherapy and improve the comfort of patient.
INTRODUCTION
Cancer, one of the most deadly challenges spreading drastically in 21st century, has now officially become the most dangerous killer in the world according to world health organization. Who can deny the fact that cancer is related to adversary of modernization pattern of irregular and stressed life dominated by western medicine. Ayurveda, the oldest indian indigenous medicine system of plant drugs is known from very early times for preventing or suppressing various tumors using theses natural drugs.

Causes of Cancer according to Ayurveda
In Ayurveda cancer is a disease that often involve all the three bodily humors (vaata, pitta, kapha) though it is typically predominance of one. When individuals digestive fire or enzyme reserves are low, allowing a build - up of toxic substances, this can create an environment for a cancer to grow. The cancer represents a negative life – energy, something like a micro organism, which has become established in the body. Cancer has numerous causes including our toxic environment, denatured and processed food, sedentary lifestyle, a and lack of spiritual purpose or efforts in life. Its most common basis is suppressed emotion or emotional stagnation, which causes accumulation of toxic material.

Types of cancer
According to Charak and Sushrut samhitas cancer is described as inflamotory and non inflammatory swelling and mentioned either as a Granthi (minor neoplasm) or Arbud (major neoplasm). The nervous system (vatta or air), venous system (pitta or fire), and the aterial system (kapha) are three basic of Ayurveda and very important for normal body function. In malignant tumor all three systems get out of control (tridoshas) and loose mutual co-ordination that causes tissue damage, resulting critical condition. Tridoshas cause excessive metabolic crisis resulting in proliferation.

RASAYANA
Rasayana is a special type of treatment containing various method of rejunavation. It derives from Rasa and Ayana The literal meaning of Rasa is the essence of something. Anything ingested in to the body in the form of food or medicine is first resinthesized into Rasa dhatu. (the basic plasma tissue). Ayana is the method by which rasa is carried to all the body tissue for biochemical metamorphosis. Rasayan therapy strives to improve the complexion and voice, increases physical strength and immunity. It strengthens memory and intelligence, gives happiness to oneself and a life which is beneficial to others.
Benefits of rasayana

- increase healthy body tissues
- To increase digestive power.
- To increase the metabolic process at the tissue level or to improve the endocrine gland function.
- To remove the waste products or to remove excess tissues in the body.
- To increase the functional capacity of brain.
- To increase strength and immunity of the body.
- To destroy disease and establish homeostasis of energy. Which prevent early ageing.
- Rasayana with specific purpose-
  - For improving longevity
  - For improving brain function
  - For improving action of the tissues
  - For improving of the channels systems.
  - For improving action of the senses

Rejuvenation therapy (rasayan chikitsa)

Tones up the skin and rejuvenates & strengthens all the tissues, so as to achieve ideal health and longevity. Increase ojas (primary vitality) and improves sattva (mental clarity).

Common general side effects of chemotherapy and radiation

Chemotherapy works on active cells, active cells grow and divide. Cancer cells are active. Some healthy cells are active; these include cells in your blood, mouth, digestive system and hair follicles. Side effects happen when chemotherapy damages healthy cells like Fatigue, Pain, headaches, muscles pain, stomach pain, pain from nerve damage, Mouth and throat sores, Diarrhea, Tingling, Burning, Weakness or numbness in hands, Loss of balance, Shaking or trembling.
Appetite loss
Weight loss
Malnutrition
Hair loss

*Rasayan chikitsa* is the most valuable and magical treatment remedy in *Ayurveda.*
*Rasayan* treatment is rejuvenative therapy, if we give the *rasayan* treatment in combination of chemotherapy, it not only reduces all the side effects of chemotherapy but also helps to stop growth of cancerous cells, it also helps to stop the metastasis of cancerous cells. So it is helpful in 1\textsuperscript{st} and 2\textsuperscript{nd} stage of cancer according to TNM classification. In 3\textsuperscript{rd} and 4\textsuperscript{th} stage of cancer specially in 4\textsuperscript{th} stage rasayan chikitsa has main role to increase the life span of patient and also reduces the pain so in last days patient can be pain free and not realize death at every moment because of pain. *Rasayan chikitsa* is more potential when it gives with the combination of *panchakarma* treatment.

Some Rasayan useful in cancer to increase the life span and decrease the side effects of chemotherapy.

*Chyawanprash* – it is very rich in vitamin C content. It helps in the prevention of a variety of disease through its immunomodulator effect. It improve the immune system and helps in fighting off the disease. Chyawanprash provide strength to stomach, lungs, intestine, liver, brain, heart and reproductive organs.

Properties -
Rejuvenating
Ergogenic and strengthening-enhancing physical performance
Aphrodisiac
Eccritic (promote discharge or ejection of waste matter from the body)
Antioxidant
Cardiac tonic
Alterative (tending to restore health haematinic)
Immunomodulatory
Tonic and supplement
**Hirak bhasma** – it is a natural product. Hirak bhasm prepared from the most valuable and hardest substance that is Diamond. The most important therapeutic effect of this natural product is found in the treatment of any kind of cancer. It is natural and safe even if taken for long duration and it is used to avoid the side effects produced by chemotherapy and radiation therapy. It helps in reducing the size of the tumor and preventing the spread of cancerous cells to the other parts of the body and this natural product directly acts on the affected cells without altering the healthy cells of the body.

**Swarn bhasma** – It is an ancient Indian ayurvedic medicine used for rejuvenation and revitalization during old age. Which acts on all organs of the body. It balances all the *tridoshas*. It boost the immunity and improve fighting strength of body against the infection. It is beneficial in cancer treatment as it stop the growth of unwanted body tissue. It is used in photothermal therapy to kill tumor cells. It also shows analgesic properties.

**REFERENCES**